

Cottage Grove Recreation Summer 2022



www.cottagegrovemn.gov 651-458-3400

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Rec Works Summer Volunteers

This program is a must for anyone interested in volunteering during summer playground programs. Youth will learn volunteer expectations and summer programs/events. Training includes material packet and 2022 recreation shirt.



Please bring the park location (Hamlet, Hearthside, Peter Thompson or Pine Tree Valley) and shifts you would like to volunteer this summer to the training. Shifts are: 8:30-Noon or 12:30-4:00pm. Volunteers may schedule up to four shifts per week OR combine and do two whole days.

Ages: 12-15

Park: Peter Thompson

Training Date: May 17

Cost: \$25

Time: 5:00-6:30pm

Reg Deadline: May 10 or until full

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Kids Aventure Mud Run

Join Cottage Grove and Woodbury Parks and Recreation as we partner to offer this annual event. From army crawls, slack lines, running ramps, net climbs, tire run, spider webs, rock walls, hanging noodle dash and dodging swinging balls in the forest-this experience has a new challenge at every corner. The route will be staffed and marked to aid in a successful run. Racers will run in waves, completing 20+ obstacles through the wooded Oakwood Park and ending with a dash through the MUD PIT.

Ages: 6-12 years old

June 11; 9:00-10:00am

Oakwood Park (Cottage Grove)

Cost: \$21



Zombie Apocalypse Chase

Join Cottage Grove and Woodbury Parks and Recreation for an experience like no other! Your mission, should you choose to accept, is to find and safely return 30 plutonium rocks! Participants beware: the park area is home to many mad scientists who will try to prevent you and your friends from finding the plutonium. Prepare for a thrilling and exhausting chase with challenges along the way. Come dressed in your best zombie attire; but please make sure physical movement like running and climbing is possible. Participants will get instructions at 8pm. Event will consist of 3 chase rounds, 15 min each, and end at 9pm.

Ages: 6-12 years old

August 11; 8:00-9:00pm

Carver Lake (Woodbury)

Cost: \$21

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Strawberry Fest 5K & Kids 1K Kingston Park June 18

Don't miss the Annual Strawberry Fest Race and Walk at Kingston Park. The race will be chip timed. Race times will be posted on-site concluding the race and posted on our website, by age category, the following Monday.

Those participating in the walk and 1K will not be chip timed.

5K participants receive a Strawberry Fest Race shirt. Medals will be awarded to the first place male and female in the following age categories: 18 and younger, 19-25, 26-40, 41-55, 56 and older in each race. 1K participants receive a medal.

Race	Price	On-site	Check-in	Start
5K run	\$25	\$30	7:15am	8:00am
5K walk	\$20	\$25	7:15am	8:00am
1K kids	\$15	\$20	9:15am	9:30am



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Fishing Camp

Ever curious about what is living under the water in Hidden Valley Pond? This camp is open to anyone interested in fishing, wanting to learn more about fish or those other tiny critters living in the pond. All equipment will be provided.

Learn from an experienced fisherman how to safely cast, tie fishing knots, identify fish, safely handle and release, and more.



Ages: 8-11

June 9, 16, 23, 30

Time: 9:00-10:15am

Pond: Hidden Valley Pond

Cost: \$63

Reg Deadline: 6/2 or until full

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Youth Tennis Lessons

Lessons are structured so that participants can learn the skills, practice the techniques, and have fun!

These lessons are a great way to be introduced to the life-long sport of tennis. For those without a racquet; we do have some available for use.

Ages: 7-12

June 9, 16, 23, 30

Time: 2:00-3:00pm

Park: Kington

Reg Deadline: May 30 or until full

Cost: \$42



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3rd Lair Skateboard Competition

3rd Lair will be hosting a skateboard competition at various skate parks in Minnesota including Hamlet Park. This event will consist of four divisions (8 and under, 9-12 year old's, 13 and up, and expert) so anyone can enter. This is a great free event for all levels of skateboarders and a fun night for the community - complete with a DJ, music and prizes.

Check in begins at 5:00pm

Register on site: Free!

Date: July 14

Event: 6:00pm

Registration: 5:00pm

Park: Hamlet



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Archery Camps

Archery Camp will give participants the opportunity to learn a new skill and create a lifetime hobby! This has been one of our most popular camps and will fill quickly! Archers will learn proper shooting techniques and cover range safety, determining eye dominance, and shooting consistently. All equipment will be provided. Archers should wear tennis shoes, snug clothing around the chest and arms and no jewelry. Long hair should be tied back.

Beginner: Suitable for those who have never shot a bow or have some experience, but wanting to learn more.

Advanced: Must have completed Beginner; class will move to shooting in the wooded area and at longer distances.

Ages: 8-13

Time: 2:30-3:45pm

Park: Pine Tree Pond—Archery Range

Beginner Camp (\$63): July 5, 7, 12, 14

Advanced Camp (\$63): August 9, 11, 16, 18

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Safety Camp

The Cottage Grove Recreation, Police, and Fire Departments are teaming up to encourage youth safety. Safety Campers will learn by watching live demonstrations and presentations from top safety professionals (18 sessions total).

Proposed sessions include: Regions EMS, Wash Co Mounted Patrol, CG K9, State Patrol Rollover Sim, Regions Burn Center, Wash Co 911 Dispatch, Kitchen Safety, Internet Safety, and Fire Dept Truck Ops.



What I need to bring: Each day a cold lunch in a disposable bag with my name and a water bottle and Wednesday, my bike including helmet.

Ages: 6-8

Park: Old Cottage Grove

2022: July 26 & 27

Cost: \$45

Time: 8:30-3:00pm

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Park Programs ages 4-8

TINY TRACK AND FIELD

After stretching and warming up our bodies, we will have fun trying the long jump, hurdles, throwing balls, high jump, and finish with an Olympics. All of the equipment will be provided. Parents are required to stay.

Ages: 4-8

June 8, 15, 22

Time: 10:00-11:00am

Park: Kingston

Cost: \$24

Reg Deadline: 6/1 or until full

PAINT, PLAYDOUGH, POP & FIZZ

Looking for a place to do projects and get messy? Without the clean up? We have a great 3 day program just for you. Each day will include a paint project, Playdough time and a science experiment. Recreation staff will provide all the setup, project supplies and clean up. Parents are required to stay.

Ages: 4-8

July 6, 13, 20

Time: 10:00-11:00am

Park: Kingston

Cost: \$24

Reg Deadline: 6/29 or until full

TENNIS LESSONS FOR LITTLES

Lessons are structured so that participants can learn the skills of tennis and play games while learning techniques. lessons are a great way to get introduced to the life-long sport of tennis while having fun. All of the equipment will be provided. Parents are required to stay.

Ages: 4-8

Aug 10, 17, 24

Time: 10:00-11:00am

Park: Kingston

Cost: \$24

Reg Deadline: 8/3 or until filled

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Recreation at River Oaks

Looking for a great family night activity to do here in town? We are partnering with River Oaks on the following dates to bring some recreation to the patio. Bring your family down for dinner on the patio, take a few swings on the driving range, or sign up for a quick junior golf intro class; and then enjoy the fun.

Activities begin at 6pm and last about 1 hour; there is no cost for the activities and no pre-registration required.

June 10

BINGO (playing 8 games starting at 6pm; so grab a table for dinner and BINGO)

July 15

Tie Dye: bring a white shirt to dye, then let it dry while your grab dinner on the patio

August 12

Spin Art; while waiting for your dinner and drinks, join us on the patio for some Spin Art



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Cottage Grove Skating School

register: cottagegrovemn.gov

SUMMER 2022 SESSION DATES:

Mondays: 6/13, 6/20, 6/27, ~~7/4~~, 7/11, 7/18, 7/25, ~~8/1~~, ~~8/8~~, 8/15, 8/22

Learn to Skate Classes Advanced & Specialty Classes

Skaters should arrive 15-20 minutes before class to check in at the registration table to get a name tag.

Rental skates are available if needed (no one without skates will be permitted on the ice). Safety Helmets should be worn by all beginning skaters; make sure the helmet fits comfortable and low in front to protect the forehead. Skate sharpening is available at the Ice Arena for \$5. We cannot guarantee there will always be someone available to sharpen skates; therefore we ask that you allow 45 minutes before your lesson begins or drop off your skates the day before.

Plenty of layers along with a jacket should be worn. Sweatpants or warm-up pants are better than bulkier snow pants. Gloves and Mittens; they are not just to keep your skaters hands warm; they protect hands as skaters learn to fall and stand back up.

Beginner Snow Plow \$75 Mondays 6:00-6:30pm

This class is for skaters ages 4-6; who have never skated before or cannot stand on their own. Class emphasis on learning to stand, fall and move on the ice through songs and games. Protective head gear required.

Advanced Snow Plow \$75 Mondays 6:00-6:30pm

This class is for skaters ages 4-6; who have previous skating experience and have passed Beginner Snow Plow. Class emphasis on pushing, gliding, stops and forward and backward skating. Protective head gear required.

Pre Alpha \$75 Mondays 6:00-6:30pm

This class is for skaters ages 7 and older; with little previous skating experience. Class will focus on how to stand, fall and move on the ice. This class will teach forward swizzles, backward wiggles and beginning stops. Protective head gear required.

Pre Alpha Mastery \$75 Mondays 6:30-7:00pm

Skaters will learn forward skating, skating backwards, one foot glides, moving snowplow stops and standing still two foot turns. Skaters must have passed Advanced Snow Plow or Pre Alpha. Protective head gear recommended.

The Cottage Grove Ice Arena will pay the yearly fee for participants enrolled in Freestyle Lessons or as requested by the Skating School Director.

The Ice Sports Industry (ISI) is a non-profit trade association that represents all aspects of the ice arena industry. ISI offers a nationally recognized learn-to-skate program to teach the skills necessary to enjoy the sport of skating. For more information on ISI benefits please visit www.skateisi.com.

Alpha \$84 Mondays 6:30-7:00pm

Skaters will learn forward stroking, forward crossovers, one foot snowplow stops, backward one foot glides and moving two foot turns. Skaters who have passed Pre Alpha Mastery.

Beta \$84 Mondays 6:30-7:00pm

Skaters will learn backward crossovers, backward stroking, left and right foot stops. Skaters will also be introduced to basic 3 turns and two foot spins. Skaters who have passed Alpha.

Gamma/Delta \$84 Mondays 6:30-7:00pm

Skaters will learn outside and inside 3 turns, mohawks, hockey stops, bunny hops, lunges, shoot the ducks, forward inside and outside edges. Skaters who have passed Beta.

Junior Club \$92 Mondays 7:00-7:30pm

Class includes a 10-15 min lesson with a ISI Certified Coach plus additional ice time to practice independently. This is a great option for those interested in full ice skating skills, an intro to competitions, competition prep, or as a booster to help with extra attention to elements in the skaters current level. Skaters must be registered in another class to participate. Space will be limited to six skaters.

Freestyle \$84 Mondays 7:30-8:00pm

Skaters will learn to jump, spin and other exciting moves from ISI Freestyle. A progression of more difficult jumps and spins are taught in each level. Skaters must successfully complete elements and perform a program to music to complete each level. Skaters who have passed Delta.